



Physical Assessment Met Scoring

All applicants must complete a medical physical and a physical assessment in order to be considered for employment. The physical assessment is measured in MET's (Metabolic Equivalents) which is a measuring tool for physical activity. A score of 12 MET's or higher is required for acceptance into the Fire Academy. The assessment includes the following:

Hand Grip Dynamometer- Mimics movements of grip squeeze, elbows at 90 degrees, squeeze firmly grip dynamometer and hold for 2 to 3 seconds and slowly release.

Leg Dynamometer- Mimics Dead lift, with feet shoulder width apart, stand erect, holding v-grip at the top of the knees, hips directly over feet and arms fully extended, knees slightly bent and then lift using legs holding for a total of 3 seconds.

Arm Dynamometer- Mimics arm curl, with feet shoulder width apart, hold bar with grip and bend elbows 90 degrees and individual will stand erect without arching back. Flex arm for 3 seconds.

Pushups - Best effort in 2 minutes.

Prone Static Plank – Best effort in 4 minutes – lay prone, keeping upper body elevated and supported by the elbows. Raise hips and legs off the floor supporting the body by forearms and toes with elbows directly under shoulders. Ankles are at a 90-degree angle. Maintain body alignment while contracting abdominal muscles.

Sit and Reach- Sitting with legs straight out and at a 90-degree angle, exhale slowly, bend at waist and with a smooth and slow motion stretch forward as far as possible with legs together and fully extend hands overlaid.

Treadmill- evaluation will continue until Heart rate exceeds the Target Exercise Heart Rate for 15 seconds or exhibits medical criteria for early termination.

KNOW YOUR METs
(Metabolic Equivalent of a Task)

Firefighting is physically taxing work. The METs values expected of firefighters is like those of professional athletes.

A MET is the rate of oxygen consumption during a task as compared to resting. The National Fire Protection Association (NFPA) 1582 Standard for Firefighter candidates is an aerobic capacity of 12 METs. When participating in the medical physical, a METs score of 12 is required for passing.

